

The Southern COACH & ATHLETE

ume III

A Magazine for Coaches, Players, Officials and Fans

Number 6



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# The Southern COACH & ATHLETE

*A Magazine for Coaches, Players, Officials and Fans*



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Volume III

February, 1941

Number 6

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THE SOUTHERN COACH & ATHLETE, a magazine devoted to sports, is published monthly except June, July and August, as the official publication of the Georgia Athletic Coaches Association, the Georgia Football Officials Association, the Florida Athletic Coaches Association, the South Carolina High School Coaches Association, the Southern Collegiate Basketball Officials Association, and the Alabama High School Coaches Association. Material appearing in the magazine may be reprinted provided that credit is given to THE SOUTHERN COACH & ATHLETE.

Please report any change of address direct to our circulation office rather than to the post office.

Subscription Rates: One Year \$1.00; Single copies 15 cents.

Published by The Southern Coach & Athlete, business office, 401 N. McDonough St., Decatur, Ga. Editorial and circulation office, 751 Park Drive, N. E., Atlanta, Ga.

Entered as second class matter on November 8, 1938, at the post office at Decatur, Ga., under the Act of March 3, 1879.

# Training and First Aid Measures

By BILL RANEY

Trainer, University of Alabama

**H**ERE are some cold facts found to be authentic through reading, study, and practical experience at the University of Alabama. The training room staff tries to be extremely careful with the athletes without giving them a training room complex or too much sympathy.

Realizing the high school coach is also the trainer we give you our methods at Alabama hoping you may derive some benefit from it.

## Burns

First degree burns in which the skin is red but not broken should be treated first immersion of the injured part in cold water to relieve pain and then by application of a compress soaked in a solution of bicarbonate of soda in water (one tablespoonful to a half glass of water); or boric acid solution (one teaspoonful to 1 glass of water). Oily substances such as cold cream, vaseline or olive oil will also soothe but are less satisfactory than cold wet compresses.

## Colds

The common cold is generally considered to be caused by an ultra-microscopic virus; there is not yet available any effective means of prevention or cure. All "cold remedies" must be appraised in the light of this. The best prophylactic measure known is simply to avoid people with colds. When there is fever rest in bed is essential. The most helpful remedy is codeine and papaverine or just plain codeine. These should be prescribed by a physician.

## Feet

Improper care of the feet is responsible for many disturbances in other parts of the body. Numerous cases of so-called arthritis of the bones, hips and sacro-iliac joints and of spinal disease, have been found to be caused by foot disorders. Bunions can be cured only by operation. Hard corns are produced by the pressure of badly fitted shoes. It is essential



TRAINER BILL RANEY TREATING ED HICKERSON, ALABAMA GUARD.

first to get a properly fitting shoe and thus ease the pressure. Soft corns are frequently associated with athlete's foot infections and do not as a rule yield to simple home methods. Athlete's foot is a ringworm infection of the skin of the feet. It is caused by a microscopic fungus, and is transmissible from one person to another. At the University of Alabama infection has been prevented by requiring athletes to step into a 1% solution of sodium hypochlorite (changed every three days) on their way to and from the shower. Cleanliness of the feet and dryness, particularly between and under the toes, is essential to any treatment. When infection becomes active, redness, blistering and itching are commonly present. In this acute stage the best treatment is to soak the feet twice daily in a basin full of potassium permanganate solution (one 5 grain tablet to a quart of cool water). When used this way the solution will cause a temporary brownish discoloration. Ordinary laundry care of socks is sufficient. Treatment of shoes with antiseptics or formaldehyde is now considered unnecessary.

## Physical Therapy

Physical therapy is of value in many ailments, acute and chronic. Expensive electrical and light equipment is useful and safe only under expert supervision. Massage, exercise, water, air, heat and sunlight are other means of physical therapy which can be effectively used. Infra red rays are nothing more or less than heat rays. Heat may be obtained as well from a hot water bottle, hot wet packs, poultices and hot water baths. Local applications of heat are valuable in the treatment of arthritis, backache, bruises, and sprains of joints or muscles. There are no special virtues in expensive infra red machines. An inexpensive heat lamp is as good as an infra red lamp. It may be purchased at an electrical supply store or athletic goods company with an ordinary 250 watt electric bulb. A hot water bottle or electric pad is an effective source of heat for direct application.

## Diathermy

The heat produced in the use of diathermy is generated within the  
(Continued on Page 20)

# Proper Diet In Basketball

By FORREST C. ALLEN

Basketball Coach, Kansas University

**I**F nothing else could be said to players about eating this should suffice: Eat *SLOWLY* at meal-times and eat *NOTHING* between meals. How rapidly a player eats is just as important as what he eats.

There is a little mastication-counting game, which players can practice on themselves, which is a much better object lesson than being constantly cautioned to "slow down." Simply suggest that each player count his mastication efforts and chew each bite of food 50 times before swallowing it. He will perhaps find that by the fiftieth time he masticates there will be no food in his mouth. However, he has had a favorable introduction to health hints, which may stand him in good stead many times after the fatigue of hard practices.

## Oranges

This fruit is the pet hobby of the author for the training diet of all athletes. Through his long years of coaching, so important has the writer considered the use of oranges for conditioning players that he has never ceased to suggest a team orange fund to every "pep" organization with which he has come in contact. The sum-total results of this athletic orange-eating hobby have been without exception an orange a day for each and every athlete on the football and basketball squads throughout his coaching and administrative years.

In addition to the orange after practice, he has urged every athlete to eat another orange for breakfast and still another before going to bed—three oranges a day and more if possible. Oranges stimulate appetites and at the same time satisfy both thirst and hunger—thus preventing overeating. The best way to eat an orange is to break up the cells and let the juice of the orange cover the entire area of the tongue—thereby stimulating the gastric and biliary flow. These juices will aid digestion and will assist in eliminating constipation.

## Water

Athletes should drink an average of one glass of water every hour,

except on game days, when they should cut down to four glasses a day. After the games players should drink as much cool water, *never* ice-cold water, as is consistent with comfort.

The nervous and hungry type of athlete who never gets enough to eat and wants to eat between meals should try drinking a glass of water every time he craves food between meals. Water will appease this false hunger.

## Boiled, Broiled, and Baked Foods

Boiled, broiled, and baked meats should constitute good dietetic fundamentals for a training menu; there should be no fried foods. The players should have their interests in body

metabolism and the relative values of fats, proteins, and carbohydrates whetted to the point that they will thoroughly understand about tissue-building foods. If meats are eaten before games, the meal should be served three hours previously.

## Toast, Eggs, Milk

Toast should constitute the complete bread diet of athletes. It must be thoroughly masticated before being swallowed; thus, it will enter the stomach partially digested.

Eggs are recommended only as a training diet for players who are not allergic to them. Many coaches do not prescribe soft-boiled and poached eggs for pregame diets. This opinion is justified if the exercising athlete belches sulphur after eating them.

Opinion varies on the use of milk for an athlete's training diet. The writer prescribes it for use every day for those who like it—except on the days of matched games. At such times, it tends to leave the mouth and throat ropy and dry.

## Cocoa, Coffee, and Sweets

During practice seasons players should abstain from drinking coffee and tea. A system thoroughly freed from the stimulating effects of coffee will respond to it more quickly when in need of being pulled out of a hole—perhaps at the end of a long, fatiguing trip. One who takes coffee regularly finds no degree of stimulation left in it for his crises.

In days now gone, athletes were absolutely forbidden the use of sweets. Now the trend is toward discretion rather than abstinence. Candy, when eaten discriminately after meals, is an energy producer and should have a definite place in a player's diet.

## A Pregame Menu

The following meal should be eaten at least two and one-half hours before the game:

(Continued on Page 20)



FORREST C. ALLEN

Besides being one of the greatest basketball coaches in the game, Dr. Allen is a noted trainer. His suggestions on diet for the basketball player will be of interest to all players and coaches of the sport.



# Girls' Basketball

By W. A. (Bill) GEER

**W**E recommend that an efficient health and medical examination be given every girl each season previous to participation either in practice or games. An efficient basketball team is one which is "tops" both physically and mentally. When we use the term "tops", we mean in the peak of condition, and that the *ATTITUDE* of each player is cooperative and not selfish.

A successful team is one which uses: (a) fast and well timed passes; (b) well executed pivots; (c) bounces; (d) purposeful floor plays; and "last but not least," (e) quick, accurate shots.

No attempt has been made to cover fully all phases of women's basketball, but I shall try to give a general outline. The material, as set up in this article, is primarily for those who have a general basic understanding of girls' basketball.

## (A) Catching and Passing

*Correct Catching* is essential to good passing, since it is not possible to practice passing without catching; therefore, the coach should stress correct catching in all practices. The proper mechanics of the body should be taught so that the player handles her body with grace and ease. The player who moves with grace and ease is the one who is efficient and conserves energy. Below are several points to be remembered:

1. PRACTICE MAKES PERFECT IF IT IS *CORRECT PRACTICE*. We try to instill this in all our players.

2. Keep eyes on ball, until it is caught.

3. "Give" with the ball, and "give" to that position from which the ball will be thrown.

4. Catching and passing should be a continuous movement.

5. In receiving a pass above the waist, the fingers should be pointed up. In receiving passes below the



W. A. GEER

Coach Geer began coaching basketball in 1935 at New Hope Consolidated School and produced championship teams in both the boys' and girls' divisions that year. He repeated with championship teams in both divisions the following year, the boys' team losing only one game and the girls', three. In the 1937-38 season the girls were again champions and the boys were defeated in the finals at the tournament.

In 1938-39 he moved to Damascus where his boys won 45 consecutive games and were district champions, but were defeated in the semi-finals of the State Tournament held at Athens. The girls were defeated by one point in the finals of the district tournament. In the 1939-40 season the Damascus girls were undefeated and Second District champions.

waist, the fingers should be pointed down. Fingers should be spread with palms toward the ball. Control in passing comes from the fingers. Passes will be more accurate and easier to handle by the receiver, if the cushions of the fingers control the ball rather than the palms of the hand.

6. When jumping to catch balls over the head, reach and catch with one hand whenever possible. The other hand should be brought onto the ball as it is drawn down.

7. Always go to meet a pass. Do not wait for the ball to come to you.

8. Always throw a pass ahead of the runner. Make her run to receive the ball, and do not cause her to slacken her speed or to wait for it. If the passer were shooting birds, she would have to "lead" the birds and not shoot straight or behind the birds; therefore, the same applies in passing a basketball.

9. Master and use a variety of passes. Do not put all your power behind a pass going to a player near you, but rather control your speed, and give her a pass which she can handle. Most receivers will probably fumble a ball which comes hard and fast; consequently, the passer should help the receiver by making the ball "float" into the receiver's hands. This is done by controlling the ball with the cushions of the fingers, rather than with the palms of the hands. (Mentioned in 5).

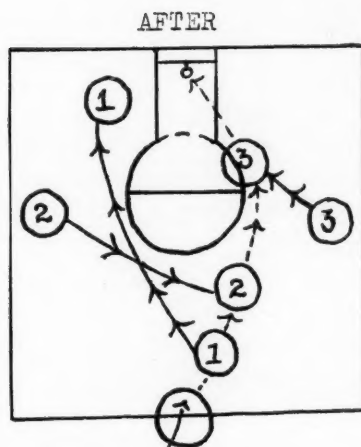
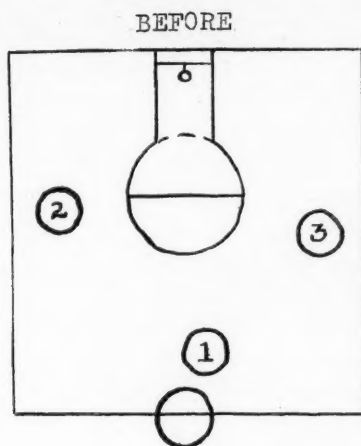
10. Use short passes most of the time because they are usually safer and more easily handled by the receiver.

## (B) The Pivot

Pivoting is turning in any desired direction while keeping one foot at its initial point of contact with the floor. For sake of clarification the pivot is classified as follows:

1. Rear Pivot—turning either to right or left with the back leading; usually used when guarded from the front.

DIAGRAM "A"  
APPROXIMATE POSITION OF PLAYERS



### KEY FOR DIAGRAMS

① ② ③ OFFENSIVE PLAYERS

① → ① PATH OF PLAYER

--- → --- PATH OF BALL

--- x x --- BOUNCE

↻ PIVOT

2. Front Pivot—turning forward either to right or left; usually used when guarded from the rear.

For further information please read SOUTHERN COACH AND ATHLETE, June, 1940 (issue) — "The Pivot," by Coach E. A. Lampe of the University.

### (C) The Bounce

A player should start with the ball in two hands; one, usually the right, is on top and slightly behind the ball, the other under it. The player gives impetus to the ball causing it to bound on the floor, and recovers it before another player touches it. The five main uses are as follows: (1) to gain distance; (2) to get nearer the basket to shoot; (3) to allow time for a teammate to get free of her opponent, so that she may receive a pass; (4) to avoid an opponent, thus freeing oneself for passing or shooting; and (5) combined with feint or pivot, or both, it is an excellent way of "losing" an opponent.

We try to teach our girls always to keep the "bounce reserved." Too often players bounce from sheer habit; a bounce should be used only when needed.

### (D) Purposeful Floor Plays

Some coaches do not like to use set plays and team formations. I believe floor plays are helpful if well *TIMED* and worked out. The plays should not be too complicated, and should fit the material that you have.

DIAGRAM "A"

### POINTS STRESSED IN THIS PLAY

(a) Passing through center of court, forward No. 1 receiving ball from guards about center circle.

### DESCRIPTION:

No. 1 receives ball from guard.

No. 1 passes to No. 2 and cuts close to No. 2 in order to loose her guard and possibly for return pass from No. 2.

No. 2 fakes to No. 1 then passes to No. 3 on the run.

No. 3 shoots or passes to No. 1 for "snow bird."

### OPTIONS:

No. 1 after receiving ball from guards may pass to No. 2 or 3.

No. 2 after receiving ball from No. 1, may pass to No. 1 cutting by or fake to No. 1 then pass to No. 3 on the run.

Number 3 after receiving ball from No. 1 or 2, has option of shooting "snow bird" if timing is proper, or passing back to No. 2 for screen shot. In latter case you have No. 1 and No. 3 in good positions to back up shot of No. 2.

DIAGRAM "B"  
APPROXIMATE POSITION OF PLAYERS

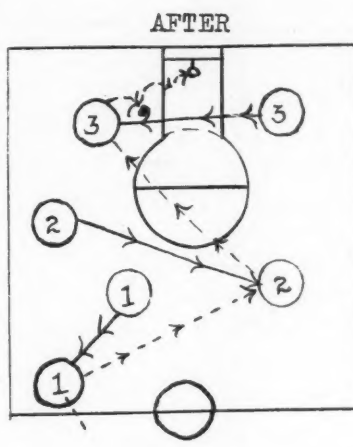
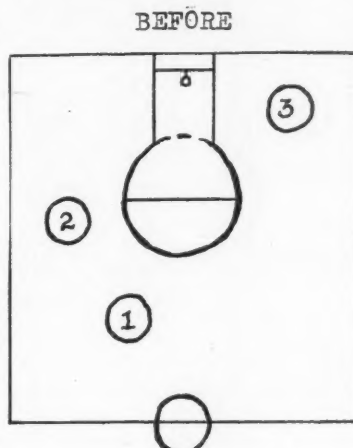


DIAGRAM "B"

### POINTS STRESSED IN THIS PLAY:

(a) Bouncing and shooting after receiving ball from guards between center circle and side lines.

(b) Zig-zag passing.

### DESCRIPTION:

No. 1 receives ball on run from guards and passes to No. 2.

No. 2 passes to No. 3.

No. 3 bounces and shoots.

This play may be reversed to the other side.

(Continued on Page 21)

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Vol. III

FEBRUARY, 1941

No. 6

Official Publication

GEORGIA ATHLETIC COACHES ASSN.

GEORGIA FOOTBALL OFFICIALS ASSN.

SOUTHERN COLLEGIATE BASKETBALL OFFICIALS ASSN.

ALABAMA HIGH SCHOOL COACHES ASSN.

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SOUTH CAROLINA HIGH SCHOOL LEAGUE

DWIGHT KEITH

Editor & Business Manager

### *Somewhere in the Game*

*Somewhere in the game*

*Beyond the grip of battle and the dream*

*Of greater conquests and of richer fame*

*There comes a chance to lay aside the gleam,*

*The gleam that we call glory, or renown —*

*But which is mostly myth — to lend a hand*

*To some fagged, reeling entry who is down,*

*And give him one more scrimmage with the band.*

*Somewhere in the game*

*You'll find a good bit more than winning strife —*

*The fickle cheering or the mad acclaim —*

*That you once thought to be the sum of life.*

*You'll find the value of all this is small,*

*A drifting phantom through a shadowed glen,*

*Where you might lift some pal who had to fall,*

*And give him one more chance to start again.*

—Grantland Rice.

### *The Boy and the Game*

On a certain Southern basketball team there is a big boy playing the center position. Many thought that, due to his height, he would be of great value to his team this season. His progress in basketball has been somewhat disappointing and at a recent game a spectator was heard to remark, "I don't see why that coach fools with that boy. I'd kick him off my team and spend my time on somebody that could do me some good." The opinion he expressed was one in which a majority of the fans would have concurred. That was one viewpoint and, to them, the only logical one.

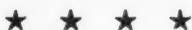
That same evening the coach of that team, without knowing of the critical remarks of the fan, said, "Basketball has certainly helped that boy. If we don't win another game this season, the game has been worthwhile for the good it has done him. Last year he couldn't play three minutes without losing his temper and committing unnecessary fouls." Here was expressed a different, and a broader viewpoint. The contrast was striking. Both were sincere and positive. It was all a matter of point of view. One was looking at it from the *outside*, the other from the *inside*. One opinion was formed from a view from the gallery—the other from a back-stage acquaintance with the characters. One wanted to know, "What can the boy do for the game?" The other's concern was "What can the game do for the boy?"

We would not condemn either viewpoint. There is merit in both of these philosophies. Every boy who participates in a sport should feel obligated to uphold its best traditions. The moment he is issued a varsity uniform, he becomes a trustee of the game honor. A participant who does not carry a courageous heart and a sportsmanlike attitude into the game is guilty of stealing something from the game. The conduct of every player becomes a part of the tradition of that sport. It is his duty to build into the game the noblest and best tradition of which he is capable, so that the game will offer a greater challenge and a greater inspiration to those who follow.

On the other hand, if the game can help the individual, it should be permitted to do so. When wisely administered, a game can render a great service in building character into the individual participant. It can make a boy *strong, fast, honest, fair, cooperative, loyal, and courageous!* However, any time a sport has to help a boy who is below average in any of these qualities it has to give something of itself to do it. The standard of that game has been lowered to that extent. But all are not "drawing" on the game—some are contributing. To offset the weak, there are strong characters who exert a noble influence on the game. The game takes on something of their character—their courage, loyalty and sportsmanship. They build into the game a higher and richer tradition. It is the same old story: some contribute, others receive—"the strong bear the infirmities of the weak." It is simply a game of give and take—it's *life!*



# Winners Wear *Durene*



IN 1940 the Winners in the Rose Bowl, the Cotton Bowl, the Orange Bowl and the Sugar Bowl all wore "Durene" football jerseys.

Again in 1941 "Durene" jerseys will be worn in all four of these spectacular Bowl games.

When great teams meet on the gridiron there is always a question as to which will win. But there is NO question that "Durene" is best for athletes—famous coaches everywhere agree that "Durene" protects against chill, colds and muscular stiffness.

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Remember, what is best for athletes is good for everyone!

## DURENE ASSOCIATION OF AMERICA

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*\*Durene is "tops" in cotton—  
it is always a ply yarn, combed and mercerized.*

# Fundamentals of Catching

By LUKE SEWELL

Coach, Cleveland "Indians"

**J**UST a tip to the youngsters of America, many of whom may wish to follow baseball as a career. There is the need of catchers in baseball today, more than ever in the history of the game and good ones are literally worth their weight in gold.

There are many theories put forth for this scarcity in catchers, but the main ones are: (1) that there is far more physical exertion in catching than in any other position, and (2) that the chances of injury are so much greater. Let me explode those theories by saying that hard work never hurt anyone, and, by thinking, practice and alertness the average of injuries will be no greater in catching than in any other regular position.

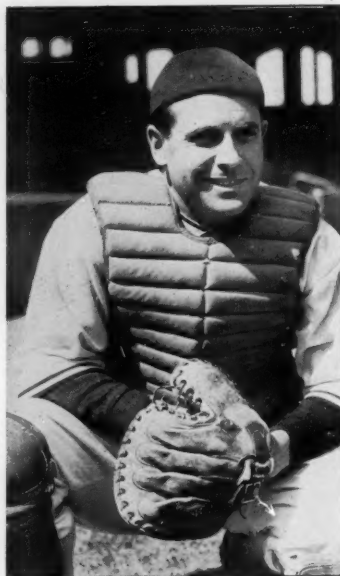
And do not let size discourage anyone, as the range of stature in catchers gives plenty of leeway in this field. For example, Ray Schalk and Muddy Ruel, two of the greatest catchers of all time, were 5 feet 8 inches tall and weighed less than 150 pounds in their prime. On the other hand, Gabby Hartnett and Ernie Lombardi, two other great ones, are 6 feet 3 inches tall, weighing 225 pounds. It is a known fact that these two small men possessed as much or more stamina than the big ones, as Schalk holds the record for games participated in any one season of Major League competition, with 151 games in 1920. Ruel is the runner-up to him in that record with 149 games in 1924.

Some of the fundamentals all catchers should try and perfect are: receiving, throwing, handling pitchers, remembering batters' weaknesses, blocking the plate, backing up bases, calling plays and guarding against injury.

## Receiving

The most essential thing for a catcher to be able to do is receive well, be able to catch all kinds of pitchers and pitches (which we might classify as fast balls, curve balls, slow balls, and knuckle balls) and, in receiving them, be in position to throw to the bases or field his posi-

tion. The stance should be a natural one, the wider the feet are spread the better, and weight should be carried on the balls of feet at all times, knees slightly bent. In this position, one is relaxed at all times, and has full control of body and weight. From this position, one can shift the body



LUKE SEWELL

Luke Sewell is a graduate of the University of Alabama, where he played football and baseball. Upon graduation in 1921 he joined the Cleveland Indians and stayed with them until 1933. That year he was with Washington and played in the World Series. He was with the Chicago White Sox from 1935 through 1938. Since that time he has been back with Cleveland as coach. Luke will go down in baseball history as one of the greatest catchers the game produced. He is a high type gentleman with a great personality and his name has added honor to the game of baseball.

without shifting the feet, which aids in receiving the ball in front of the body.

By all means use a good mitt, one well balanced (not top or side heavy) with pocket not too large and located pretty close to the center of the glove. Large pockets hinder throwing as one spends too much time in trying to catch the ball, causing a delay in getting the throw away.

Learn to catch naturally, that is with the toe or top of the mitt extending downward, heel upward, and bring the ball up toward the waist. Catch high balls just the opposite, toe of the glove up, heel down, and bring the ball down toward the chest when caught. Ball around the waist, bend the knees slightly and catch the ball against the thumb of the mitt. Don't try to pick up a pitch in the dirt on a short hop. Stay down and be sure to block it, as the ground around the catcher's box is normally very rough and the chances for a passed ball are much greater when trying to pick it up clean.

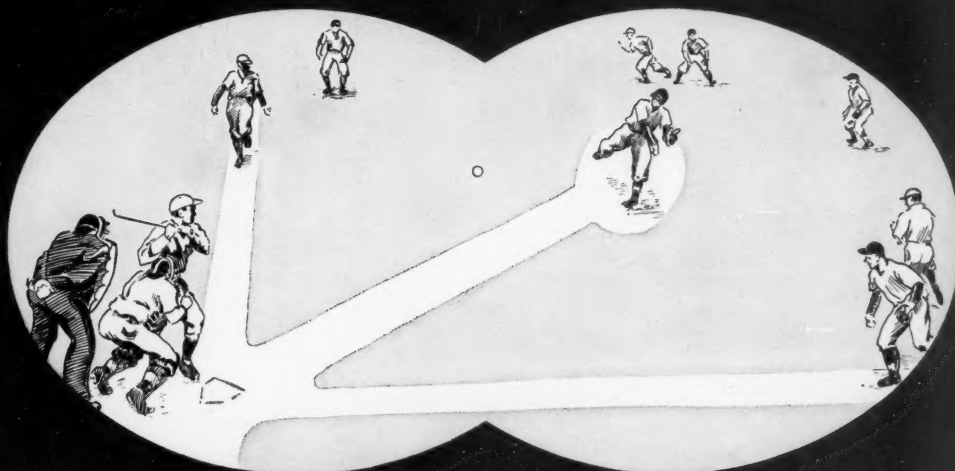
Right hand should be held with relaxed wrist and fingers, fingers together, slightly bent, with thumb protected beneath the forefinger. The fingers should not be opened until after the ball has landed in the mitt and the hand has covered the ball. Remember the warning, *right hand relaxed*, never rigid and use it naturally in handling the mitt.

## Throwing

The stance in throwing should be a natural one for the receiver, weight balanced on the balls of the feet, left foot slightly forward and the motion of the body should be toward the base being thrown to, with a full follow through with the shoulder. Any shifting of the feet while throwing from behind a batter should be away from the hitter to avoid interference.

The overhand snap throw is the most satisfactory method for catchers. This is accomplished by bringing the ball directly from the mitt to a point about six inches above and about (Continued on Page 19)

## WITH BASES LOADED AND TWO DOWN.....



THE right bat is a mighty important choice. That's why thousands of players from the sand lots to the big leagues choose Batrites. They know that every major bat development of the past 14 years is embodied in these perfectly balanced, precision-made bats. They like the power, accuracy, and longer life\* that only expert processing and turning by master craftsmen can produce.

For harder hits—more often—choose Batrites this season.

Your local sporting goods dealer has a complete line of Batrites.

\* Longer life is assured in Batrites because of the special Hanna non-chip process.



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DEWITT (Hedge) ARROWSMITH, veteran South Carolina fullback, who has played every position in Enright's Notre Dame "T" when occasion demanded.

REX ENRIGHT, Head Coach and Athletic Director at the University of South Carolina.



# Southern *University of*

THE rich tradition and romance of the historic Deep South is reflected in the University of South Carolina which is considered by the historian Charles A. Beard to have "one of the three most beautiful campuses in America."

First state controlled and supported institution of higher learning in the United States, the University of South Carolina is located in Columbia, the capital of the state, midway between the Atlantic coastal and Blue Ridge mountain sections, or colloquially the "Up" and the "Low Country."

While a number of new buildings have been erected in recent years, including some of the South's finest collegiate structures, the old, tree-studded, 40-acre campus of the University today has much the demeanor of 100 years ago. The simple, classic lines of its buildings are thoroughly in harmony with the spirit and architecture of the state.

The founding of the University was a unifying factor between the two sections of the state, the "Up" and the "Low Country", which had little intercourse with each other, politically or socially, in the days of colonization.

This institution was incorporated as South Carolina College in a state legislative act ratified December 19, 1801, and was opened January 10, 1805, with a faculty of two, and a student body of 29. Today it has 113 faculty members, and 2,000 students. The courses are taught by a faculty famous for scholarship and teaching ability, 18 of whom are listed in "Who's Who In America." More than 400 courses are offered in six professional schools, and 21 departments.

When the War Between the States clouded the nation's horizon, every alumnus of South Carolina College, who was physically able, volunteered as far as it was known. And when Charleston was threatened in 1861, the cadet corps, composed of Carolina students, rushed to its defense. These students found the study hall too quiet and, accompanied by several professors, later offered their services to the state for active duty in Virginia.

The college was closed in 1862 and its buildings were occupied as Confederate hospitals and were not opened again until 1866. Hectic days followed under the carpetbaggers of the Reconstruction period.

It was in 1906, by order of the legislature, that the schools of Art, Science, Teachers, Graduate and Law were established, and the institution began work under the title "University of South Carolina."

President of the University of South Carolina today is Dr. J. Rion McKissick, once dean of its School of Journalism, and a former newspaperman. He was elected in December, 1935, and as-

ASSISTANT COACHES—left to right: Frank Johnson, Freshman; Ted Twomey, Line; Ted Petoskey, End; and Sterling DuPree, Backfield.





# Schools of South Carolina

sumed office the following July 1. Under his aggressive leadership, the prospects of the University have been materially brightened.

Perhaps the biggest piece of news to "break" on the Carolina campus this past year, however, was the re-election of Rex Enright as head coach and athletic director a year before his contract was to expire.

South Carolina has long been known as a "coaches' graveyard", but this vote of confidence extended Enright's contract from December, 1941, until December, 1945, making his proffered period of service the longest in the university's coaching history.

The recent season was a blustery, heart-breaking one for the Gamecocks. They won three on the gridiron, and lost six, dropping some by narrow margins, playing three potential Bowl teams: Dequesne, Clemson and Penn State. The popularity of Enright waxed instead of waned, however.

"The unanimous re-election by the Board of Trustees of Coach Enright for four years after expiration of his present contract evidences the confidence in, approval and commendation of him universally felt by not only the trustees, but also the faculty, students, alumni and friends of the university," President McKissick said.

"His service to the university has been highly successful, especially in view of the extraordinarily difficult problems with which he has been confronted and which he has been steadily solving.

"The trustees are deeply pleased with Mr. Enright's uncommon ability and achievements as coach and director of athletics, but their unusual tribute is equally due to their appreciation of the man as well as the coach. By his honesty, modesty, fine sportsmanship, clean life and outstanding manliness, he exercises most wholesome influence not only upon our football players, but also upon our student body and upon the youth of South Carolina."

With the Gamecock mentor securely "harnessed," South Carolina's football conscious alumni are looking the future squarely in the eye. Few players will be lost by graduation, and good material is in sight from the "bohunks" and freshmen. Finances are in better shape. The student body spirit is at high tide.

Enright is being assisted at the University by Ted Twomey (Notre Dame), line coach; Sterling Agnew DuPree (Auburn), backfield coach and track coach; Ted Petoskey (Michigan), end coach and baseball coach, and Frank Johnson (Georgia), basketball coach and freshman football coach. Frank DeMars coaches boxing. The Southern Conference boxing tournament will be held at the university in February for the third successive year.

Despite the hard gridiron knocks of 1940, Carolina succeeded in placing three of its men on the mythical Associated Press' All-State eleven: Louis Sossamon, of Gaffney, S. C., center; (Alex (Jeep) Urban, of Toledo, Ohio, left end, and Al Grygo, of Erie, Pa., left half.

A scholarly, literary-minded journalism student, Sossamon is South Carolina's big hope for this year.

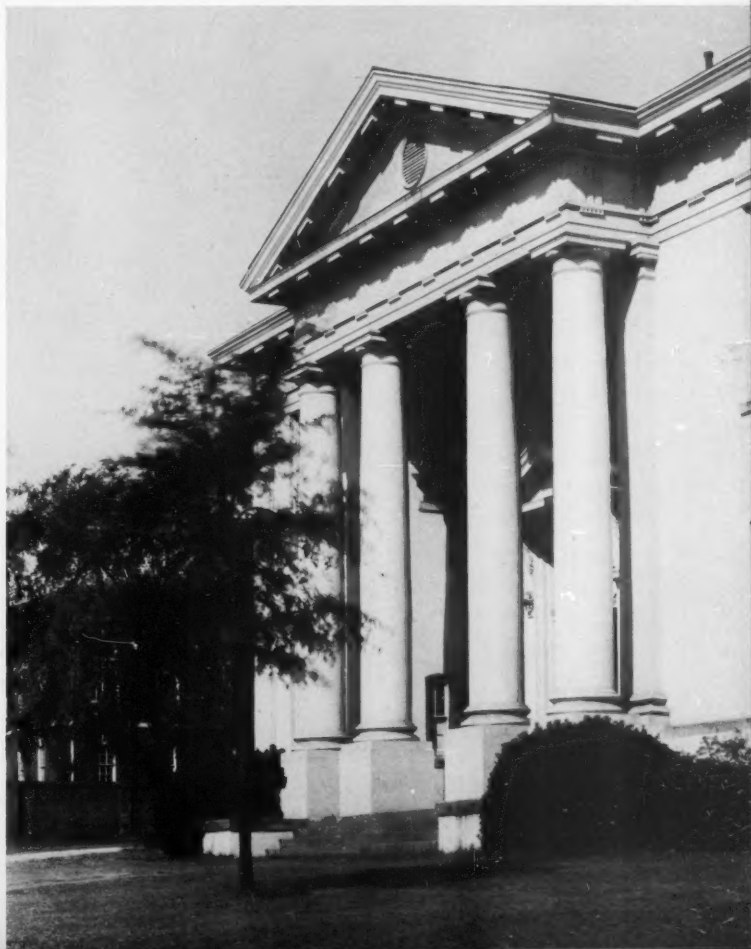
Wilton Garrison, of the Charlotte (N. C.) *Observer's* sports staff, enthusiastically predicted that Sossamon would be an All-American by 1942 "at the latest." Head Coach Hobbs Adams, of Kansas State, said of the Gaffney youth, "He's a real football player, and should be one of the great centers

(Continued on Page 22)



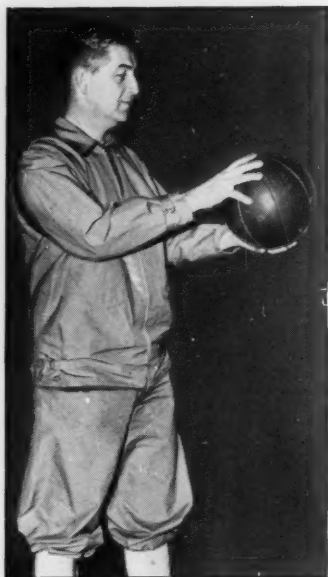
Dr. J. RION McKISSICK, President  
of the University of South  
Carolina.

DAVIS COLLEGE, where English, Modern Languages, and Psychology  
are taught on University of South Carolina campus.



# PLAYS THAT HAVE BEEN

By ROY MUNDORFF  
Basketball Coach, Georgia Tech



ROY MUNDORFF

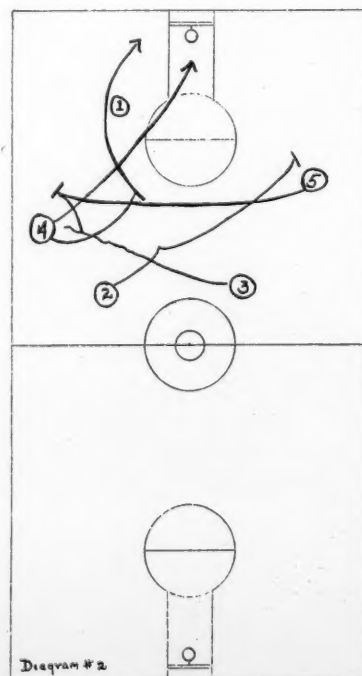
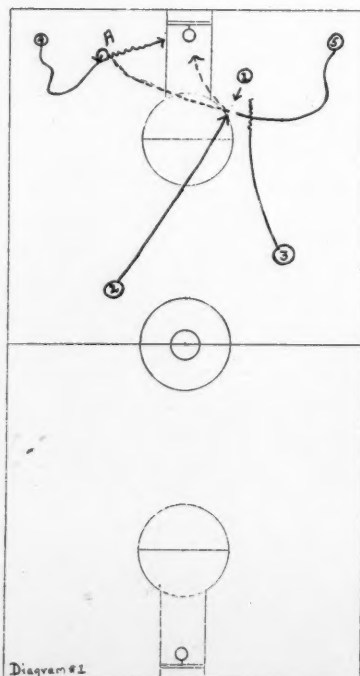
Coach Roy Mundorff is the utility man of the Georgia Tech coaching staff. Besides turning out a good basketball team each year, he makes movies of Tech's football games, coaches baseball and has charge of Tech's beautiful new swimming pool. To further demonstrate his versatility, Coach Mundorff teaches math and lends a hand at times to helping scout Tech's football opponents.

Coach Mundorff has the surprise team of the conference this year. It is composed mostly of sophomores, but has shown enough in the games to date to make it a threat in the tournament.

ONE has often heard from great coaches the old maxim, "it is not the play itself, but the execution of the play, that makes it go." This is bound to be true. However, I am sure that there are now many basketball coaches who still seek "just one other play" and, with this in mind, it is hoped that possibly "just one" of the following diagrams may be the one that someone has been looking for.

In diagram No. 1 either (2) or (3) may pass the ball to (1). (3) goes to right of (1) and (5) brushes just behind (3), taking ball from (1). (5) may dribble into basket for a crip or, as an option, he may dribble to A where he hands off the ball to (4) who dribbles into basket for a crip.

In diagram No. 2 players (2) and (3) cross. Number (2) starts with the ball and passes to (3), who cuts behind him. (3) passes the ball to side. In the meantime (2) continues (4) and screens his man on the in- or drives across the court to the right and screens for (5) from the inside. (5) cuts across court. (4) who now has possession of the ball, drives across and passes to (5) and screens for (5). (5) passes to (3) and screens for (3) from the inside. (3) passes to (1) and drives by him very closely, cutting him off. If open, he may receive a hand-off and drive into the basket. If not open, (1) may fake to him and pass to (5) who drives by him into the basket. (2) should maneuver so as to be open for a pass at any time. (4) should be



# SUCCESSFUL

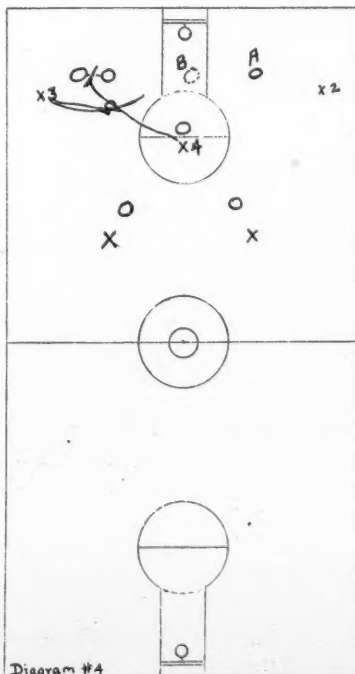
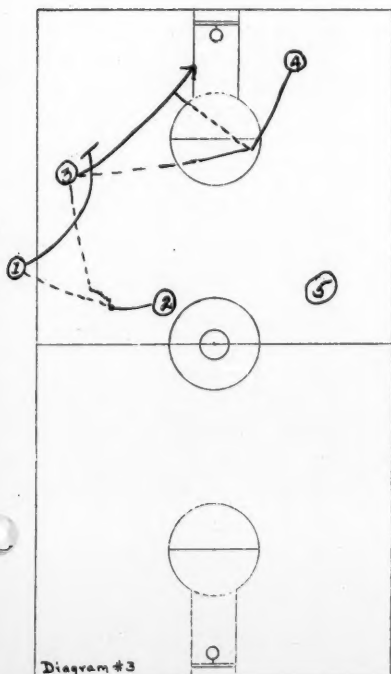
in position to be safety guard in case of an interception. This play should be repeated until a "break" occurs on the part of the defense.

In diagram No. 3 we have a special out of bounds play. (1) out of bounds fakes a pass to (3) and passes to (2). (2) bounces once and passes to (3). (1) screens off for (3). (3) passes to (4) at about the foul line and drives around (2) for the basket, receiving pass from (4). If (4)'s man switches, (4) will be open for easy set shot at foul line. (5) is entirely safety on the play. This play seems very simple, but with lots of practice it will prove to be very effective.

In diagram No. 4 a play is outlined to be used against a zone defense. In encountering a zone defense, the ball should be moved about very accurately and rapidly and the players should not maneuver much. The zone defense has a definite purpose. First, it is designed to prevent under-basket or crip shots. Second,

the players are in fine position for a fast break. To combat this the offense must score "over the heads" of the defense, using a good follow-up. Many outside shots are allowed by any zone defense. Also, offensive players must be ready to change to defense quickly.

In this play the ball should change hands very rapidly, as above mentioned. Remember the defense shifts with the ball. Now let us assume X3 has the ball. His man shifts closer to him. X4 drives as indicated, screening off X3's man. As X4 drives he receives pass from X3 and returns pass immediately. When X3 has the ball, A moves over to new position B. Now look at the situation. If properly maneuvered, a two on one situation has developed: X3 and X2 on defensive player at position B. The two outside offensive players have concerned themselves with taking care of a fast break in case of an interception.



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# SPLIT MINUTES

By DWIGHT KEITH

Secretary, Georgia Athletic Coaches Association

**C**OACH SELBY BUCK, President of the Georgia Athletic Coaches Association, has been called into military service, effective February 6, 1941. Coach Bob Lee, of Elberton, will assume the duties of president for the remainder of the term. The Army call has taken three directors of our association: E. C. Townsend, from the First District, H. F. Milton, from the Tenth and Sidney Scarborough, director at large. Harry Harmon, of Savannah, has been appointed to complete the unexpired term of E. C. Townsend, and R. L. Doyal, of Atlanta, has been appointed to succeed Sidney Scarborough. The successor to H. F. Milton will be announced later. Coach Louis Van Houten, of Marist College, has also been called for a year's service at Fort Benning. The Association will miss these coaches during the coming year, and we extend to them sincere wishes for a pleasant tour of duty.

We will have some interesting announcements in our March issue concerning plans for our coaching clinic next August. In the meantime, football coaches should be mailing in their nominations to their district directors.

## Georgia High School Association MINUTES OF EXECUTIVE MEETING,

Macon, Ga., January 12, 1941

By S. F. BURKE, Secretary

In the absence of the President and Vice-President, the Secretary called the meeting to order. J. Harold Saxon was named temporary chairman pending arrival of the President.

Roll call showed that the following were present:

1. S. A. Driggers, Stilson.
2. B. D. Lee, Albany.
3. J. S. Matthews, Hawkinsville.  
Y. T. Sheffield, Plains.
4. Jas. F. Woodall, Woodland.
5. R. W. Dent, Clarkston.
6. W. F. Blackmon, Monticello.
7. J. Lamar Jackson, Chickamauga.
8. E. D. Whisonant, Baxley.
9. No representative.
10. W. B. McCollum, Evans.  
H. M. Tarpley, Washington.  
M. C. Paget, College Park.

State: F. E. Barron, Homerville; S. F. Burke, Thomas-ton; J. H. Saxon, Athens.

The President arrived at the conclusion of the roll call and assumed charge of the meeting.

Mr. J. Harold Saxon presented the outline given below for the selection of the officials for the State Basketball Tournament. The outline was approved. "Not later than Saturday, March 1, the chairmen of the three divisions will call together at a central or convenient place (to be decided by the chairman) the representatives of the winning teams in his section. At this meeting, by a vote of

the majority by written ballot, an official will be chosen for the State Basketball Tournament for that section of the state. In case of a tie, toss a coin. In case of failure to choose an official it will be necessary for the state office to supply the official.

The fee for each official shall be traveling expenses plus \$30.00. Traveling expenses shall include state scale of five cents per mile one way, shortest distance from the home of the individual to Athens. Hotel rooms reserved for officials by the High School Association. \$7.00 will be allowed for meals.

Officials are to report to the State Office not later than 3:00 P.M. on the first day of the State Basketball Tournament for the purpose of receiving instructions and securing other necessary information.

Representatives of the winning teams are to furnish the chairmen with a complete record of the games played with opponents and the score of each. This record should include all regularly scheduled games plus the record of tournament games played by each team."

The respective chairmen are:

Northern Part of State—R. W. Dent, Clarkston, Districts 5-7-9-10.

Central Part of State—S. A. Driggers, Stilson, Districts 1-4-6.

Southern Part of State—Y. T. Sheffield, Plains, Districts 2-3-8.

The State President presented several letters in which he had had requests for change in the State Reading Contests. After discussion it was decided that the Reading Contests would remain as printed in the Bulletin.

The State Secretary presented the matter of Defense Tax on Admissions to school contests and games. The Collector of Internal Revenue, Marion F. Allen, Atlanta, has stated that exemption may be secured by each individual school filing a claim. The State Secretary was instructed to contact Mr. Allen and ascertain if a blanket exemption could be secured for the member schools of the Georgia High School Association. The State Secretary has written Mr. Allen for definite information. This will be mailed as soon as obtained. The filing of these exemption claims will save the high schools at least \$3,000.00.

The State President announced the appointment of a Special Officials Committee composed of: R. W. Dent, Clarkston, Chairman; B. D. Lee, Albany; W. L. Brookshire, Winterville. This committee is to study, investigate and formulate some plan for educating, training and developing officials for the State, especially basketball. This committee is to report at the State Meet in Athens.

The President appointed a special Committee on Constitution and By-Laws. This committee is composed of H. M. Tarpley, Washington, Chairman; S. F. Burke,

(Continued on Page 22)



# Requisites For A Sprinter

By **STERLING AGNEW DUPREE**

Former Auburn Star, Backfield Coach and Head Track Coach,  
University of South Carolina



STERLING AGNEW DUPREE

**I** THINK that boys who have the physical requisites of a sprinter are more easily distinguished from boys who might participate in the other events—all sprinters must have a certain amount of natural speed from the beginning.

To become a good sprinter I believe that a boy must have the following requisites: natural speed, short reflex time, strong muscles, mental ability and physical relaxation.

Natural speed is very essential in the development of a sprinter. The coach may give a boy the best form in the world but without natural speed his sprinting ability will be limited.

Short reflex time is the quickness of the mind and body to react. If the athlete is capable of reacting fast it gives him an advantage over his opponents from the start.

Strong muscles play an important part regardless of the type. There have been all types of sprinters—the tall type usually has smooth, long, powerful muscles, coordinating form and power for his speed; the short type has thick muscles but not heavy ones and usually gets his speed from driving power. Both types of sprint-

ers must have the proper coordination of form with arms and legs.

Mental thinking through repetition of trial gives the sprinter automatic reaction in meet competition. This automatic reaction makes it possible for a sprinter to distribute his strength and ability in such a way that despite a poor start he may overcome his opponent.

Physical relaxation is very important in any of the sprints for it is impossible for a boy to sprint 100 or 220 yards without being relaxed for some part of the race. This relaxation is obtained through repetition of practice in running for ease. There is a decided advantage in this due to the fact that the boy does not lose speed in the race although he is using less effort physically.

Without taking up different types of starts I will discuss a few things that take place in the 100 yard run. Beginning with the command "get set" the sprinter's eyes should be focused down the track eight or ten yards, his mind should be blank so at the sound of the gun his reflex time will be short. The first step with the back foot should be from six to ten inches in front of the front foot and the strides thereafter should be normal and not over exaggerated which would get the sprinter off balance and have a tendency to slow down the piston-like motion of his legs. For the first ten or fifteen yards covered the sprinter is gradually raising up to a normal running form with most of the effort centered on driving power. From the fifteen to the sixty he utilizes driving power, coordination and form, but at the same time not too much effort to tie up the legs and arms. At sixty or sixty-five I try to have our sprinters take three steps in perfect relaxation, semi-floating, but not losing any speed for the momentum carries them on. This is called the "gather" for the final thirty-seven yard burst of speed. Many sprinters try to hit the finishing tape by throwing their chest out and their arms up but I believe it is best to run beyond the tape for at least five yards.

(Continued on Page 20)

## High School Tournaments in South Carolina

By **A. B. FENNELL**

**F**EBRUARY will see the high school basketball season in South Carolina reach its climax with state tournaments for boys and girls.

The girls' tournament will probably go to Orangeburg again, although dates have not yet been set. The boys' tournament will again be played at the University of South Carolina and is expected to attract at least 35 or 40 teams. Championships for both boys and girls will be determined in Classes A, B and C. The South Carolina High School league sponsors the contests for Classes B and C while Carolina sponsors the Class A boys' tournament and Orangeburg sponsors the similar joust for the girls.

The two tournaments, comparatively new in South Carolina sports, are attracting more and more interest every year. This year the state has been divided into 13 districts, which means that Classes B and C will each send 13 teams to the tournaments unless the elimination plan is changed, which at this writing appears unlikely.

Class A teams enter the tournament at will and without the formality of district eliminations. Usually three Class A teams from the Columbia area are entered with five or six additional from other sections.

The University of South Carolina plays host to the boys, furnishing sleeping accommodations for the teams in the field house and offering meals at exceptionally low cost in the university dining hall.

Four of the high school basketball teams of the Columbia area have arranged a league schedule for the regular season and will close their seasons with a tournament in which all four will participate for the city title.

Schools entered are Columbia, Dreher, University High and Olympia. Epworth, a Class C contender, is not in the league. Neither is Brookland-Cayce, the high school of suburban West Columbia.



FRANK LEAHY  
Head Coach Football  
Boston College



ROBERT LEE SUFFRIDGE  
University of Tennessee  
All-Southeastern—All-American Guard 1940

## Second Annual Atlanta Touchdown Club Dinner

**T**HE Touchdown Club of Atlanta was organized during the football season of 1938.

The membership is comprised of college football letter men and others by invitation who are sincerely interested in the game of American football. The objectives of the club are:

1. Promoting the best interests of the American game of football.
2. Fostering of good sportsmanship.
3. Social activities.

The club holds weekly luncheon meetings during the football season to discuss the results and activities of the many football games played during the preceding week. There is usually a prominent coach invited to

make a short talk on some subject relating to current football conditions.

The Second Annual Touchdown Club Dinner was held January 17 at the Ansley Hotel, in Atlanta. Five hundred guests enjoyed a good dinner and an interesting program.

Coach W. A. Alexander extended an Atlanta and Georgia welcome to visiting sportsmen. Everett Strupper, as toastmaster, then introduced the college coaches and newspaper men present.

Wallace Butts came up to the plate and made a "pinch hit" speech for Jim Crowley, who was unable to attend. Pooley Hubert then cleaned the bases with his impromptu talk on "Huie the Hooley."

O. B. Keeler presented the Atlanta Touchdown Club Trophy to Robert Lee Suffridge, as the most valuable player in the Southeastern Conference for 1940.

Following the principal, and very entertaining, talk by Coach Frank Leahy, Buster Kilpatrick introduced the new officers of the Atlanta Touchdown Club for 1941. They are: H. L. Ebersole, President; Fred Moore, Vice-President; M. M. Smith, Secretary; Parks Hunt, Treasurer.

Fred Singleton presented a handsome gift to the retiring President, M. E. Kilpatrick. Pictures of the Orange Bowl and Sugar Bowl football games were then shown and the Second Annual Atlanta Touchdown Club Dinner became history.

# Hi, Coach!



JESSE H. YARBOROUGH

*Coach Jesse H. Yarborough attended Chester High School, Chester, South Carolina, where he graduated in 1926. He graduated from Clemson College in 1930 and did his graduate work there in 1931. Jesse played tackle on the football team at Clemson. He began his coaching career at Bartow, Florida, in the fall of 1931. He won 7 and lost 3 that year.*

*He went to Miami Senior High School as Athletic Director and Football Coach in 1932. In his nine years at Miami his teams have played major teams from 21 states and have come through with the following record: played 98, won 78, lost 16, tied 4. Miami High teams have scored 1,763 points to its opponents' 493, and have lost only one game to a Florida team in nine years. This is an amazing record, considering the calibre of the teams played, and is a great tribute to the coaching of Yarborough.*

*Besides being one of the most successful prep coaches in the game, "Mule" has a genial personality that has made for him a host of friends throughout the Southeast.*

## FUNDAMENTALS OF CATCHING

(Continued from Page 10)

one foot outside the point of the shoulder. It depends upon the individual how far back the ball has to be drawn in order to reach second base with a throw.

It doesn't matter on which foot the first stride is taken but if it is the right foot, the step should be very short.

The ball should be thrown between the waist and knees when the runner has to be tagged, all other occasions shoulder high.

Speed and accuracy is more important than slow strong throwing.

### Handling of Pitchers

This incorporates, more or less, learning the various styles of pitchers, their most effective pitch, the particular pitch of which they have the best control, stage of the game, and who is hitting.

Always remember this, control is the secret of pitching and the catcher can help in the success of pitching by keeping the pitcher ahead of the hitter from the ball and strike angle, so call for the pitch you know your pitcher can get over for a strike until there is danger of runs being scored.

### Knowing Batters' Weaknesses

This can be accomplished only by catching behind certain hitters and remembering certain balls they do or do not hit, but here are some general rules one may follow. Any batter that hits to the opposite field doesn't like the ball inside on his handle. Batters that take long strides and pull fast balls are generally weak on slow or curve balls. Batters that take short strides and hit from their shoulder are high ball hitters, and batters that hit with an uppercut, similar to a golf swing, are low ball hitters.

The vast majority of batters are high ball hitters, and more home runs or long drives are made off pitches above the waist.

A low curve ball, breaking away from the hitter on the outside corner of the plate is the weakness of most all hitters.

### Blocking the Plate

This is the most hazardous of all the catcher's duties, and should be done only in close ball games, preferably when tying or winning runs are trying to score.

There are two methods commonly used in blocking the plate, with feet and with knees.

(Continued on Page 22)

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Manager of the Wholesale Sporting Goods Department

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## PARKS-CHAMBERS

37 PEACHTREE ST

## PROPER DIET IN BASKETBALL

(Continued from Page 5)

Sliced oranges, sprinkled with sugar and varied from time to time with celery hearts.

Two slices hot, dry toast, butter, and a small cup of honey.

One cup of weak tea with sugar and lemon or cream.

In very exceptional cases, if the team has been subjected to unusual hardships of travel, a small piece of broiled T-bone steak (2 in. square) may be added to this menu.

### Staleness

It is the coach's duty to set his house of mental contentment in order so that during the hard grind of the season he may avert either physical or mental staleness among the members of his team. If there should be any personal disappointment or pique over the schedule arrangement for the season, or any other uneasiness of mind which he might in an unguarded moment transmit to his men he had best, for the good of his team, discard his self-pity for the qualities of courage and determination. He should always radiate a confidence and an optimism that will lift both himself and his men up and out of the doldrum known to athletes as staleness—a mental condition, perhaps more imaginary than real. And yet so real does it become that it is a stubborn thing to deal with when its fangs bury themselves in the personnel of a team.

If a coach will plan to shape the minds of his men for just one game ahead and that always only the next one, he may be able to carry on through a difficult season without staleness among his men. Looking too far ahead, in anticipation of the end of an uncertain playing season, is like trying to forecast the sorrows and uncertainties of our own existences. When put to the limit it is deadly. Just one game at a time is all that teams have to play.

However, in spite of precautions men do get stale. The eye is a splendid index to a player's physical condition. The fatty deposit below the lid is first to disappear when the player is dissipating or growing stale. If such symptoms arise something is wrong.

### Prescription for Staleness

It is well to permit the stale player to come around the gymnasium and to suit-up for easy workouts for about ten days. Some coaches believe it best not to permit stale men to come around the gymnasium for some two

weeks. But the situation is really this. When a regular player is away from his team the morale is weakened. Staleness is always the concern of the regulars. Substitutes do not get stale. Teams feel more potent and aware if their personnel remains intact. Keeping a stale man away from the gymnasium is as difficult as keeping an old fire horse out of his stall. He will chafe under the restriction and grow mentally lower.

Head lettuce, celery, creamed onions, fresh spinach, butter, eggs, nuts, plenty of cereals, with a short diet of meats are all recommended for the diet of a stale athlete.

### Orange Egnog

An orange eggnog is a splendid tonic for a languid and appetiteless player. Recipe: Squeeze juice of an orange into a bowl. Beat white and yolk of egg separately. Mix orange juice with beaten egg yolk and fold into beaten egg white. Flavor with a pinch of salt and a sprinkle of sugar. A slice of buttered toast served with this eggnog makes a delicate and nourishing appetizer for staleness.

### Contentment

Bear ever in mind the values of contentment. A mind at peace with itself does not get stale. A squad talented in singing and playing rarely suffers from staleness. Group singing is a great harmonizer and a developer of the finer qualities of comradeship.

It is a splendid plan for a team to eat the last meal before a game where they can hear good music. This meal does not strengthen the players much physically. Its best feature is in the contentment it might bring.

### REQUISITES FOR SPRINTERS

(Continued from Page 17)

In the 220 yard run the first sixty yards are the same as in the 100 yard run. From there he goes into a float until he reaches the 200 yard mark and then uses the sprint for the finish.

## TRAINING

(Continued from Page 4)

body by the application of high frequency electric current. Because of the depth of penetration it is used by trainers for treatment of pain and certain other conditions in deep seated parts of the body. The application of diathermy has many dangers and it must never be used for self treatment. A good machine is expensive and the enductotherm with a coil is by far the best.

A check of your training supplies should be made with spring training, basketball, baseball, and track coming up. From the trainer's standpoint we are exceptionally careful of the feet; requiring the players to daily paint the feet with tincture of benzoin (compound) and to wear a pair of light silk socks outside the heavy wool athletic sweat socks. This causes friction between the socks and not between the socks and the feet, causing blisters.

Good luck, and may you win them all!

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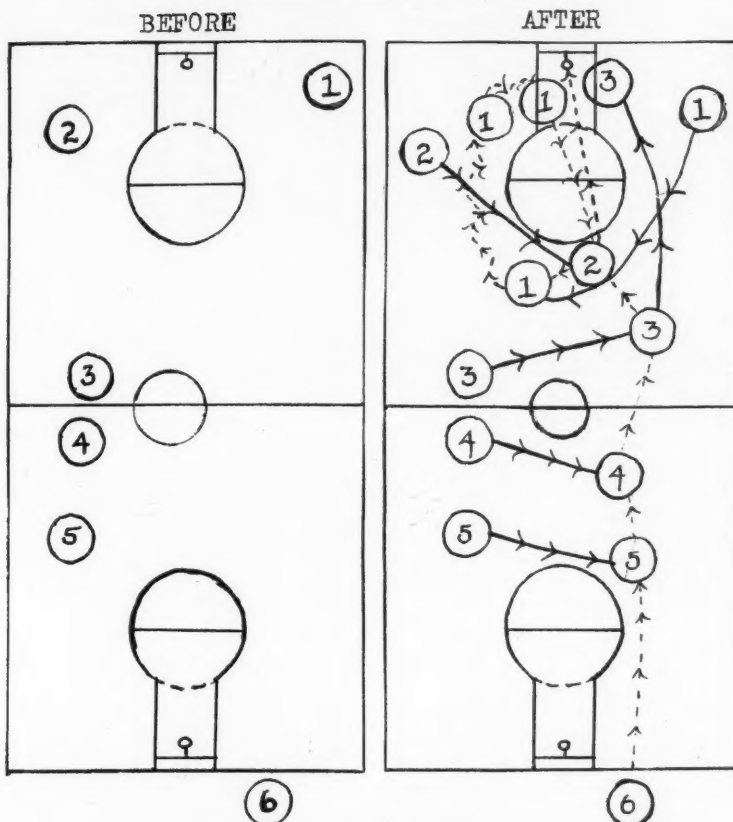
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## GIRLS' BASKETBALL

(Continued from Page 6)

DIAGRAM "C"  
APPROXIMATE POSITION OF PLAYERS



POINTS STRESSED IN THIS PLAY:

(a) Timing run. (b) Accurate passing. (c) Pivot and "pick-off."

### DESCRIPTION:

No. 6 has ball out of bounds and passes to 5, 5 to 4, 4 to 3 and 3 to 2. No. 3 pauses momentarily then cuts to right side of basket.

No. 2 passes to 1 who has circled around behind her to receive a short pass as 2 pivots.

No. 1 bounces, pivots and passes to No. 2, who has faked a cut for basket, and has come back to the foul line. No. 2 shoots from here, No. 1 and No. 3 are on the left and right side of basket for taking rebound and are in position for "crip" shot in case No. 2 misses "pot" shot from foul line.

Plays that will work for me probably will not work for you, because we have different type and size players.

SIMPLE plays are better and more workable. A team should not try to have so many plays that none is known well or executed properly. Two or three are usually enough; more tend to confuse the players. A few set plays properly executed are much better than many plays, none of which is usable in the excitement of a game.

Good timing is the most important factor in successful team plays. If a receiver gets to a spot before the

ball, she will usually be covered by an opponent; if she gets there too late, her teammate in possession of the ball will be covered, thus making passing difficult. Many teams in this section are unable to use floor plays because of lack of practice and understanding of timing.

On the other hand, it is true that a team cannot play a whole game without some impulsive playing. A team which cannot rise to unforeseen situations and play without set plays would be at a great loss. Ideally a team should be able to fall into this type of play when the occasion de-

mands, and also be able to execute plays and gain the advantage from them when possible.

The girl who is skillful as an individual player, is of no team value unless she can adapt her style of play to the team as a whole. Every member of the team should know the style of play of every other teammate. She should know their strengths as well as their weaknesses.

### (E) Shooting

There are many ways of shooting and many different kinds of shots. After all, the desired end is to get the ball through the basket in a legal manner. Therefore, we let our girls shoot their own way because they are usually Juniors or Seniors in High School when they make our squad, and it would be detrimental to try to change their form. Shots may be taken while the shooter is either stationary or in motion. Stationary shooting is good only when the shooter is not being guarded. If a player is apt in shooting while in motion, her opportunities for shooting will be increased. There is less chance of being guarded effectively if a player shoots while in motion. Below are several points to be remembered:

1. Practice makes perfect *only* if it is Correct Practice.
2. Practice as near under game conditions as possible.
3. Practice combining pivoting and shooting, bouncing and shooting, juggling and shooting, and feinting and shooting.
4. Every practice shot should be taken with a strong intent to cage the ball. Indifferent practice shooting should not be allowed.
5. Finally, demonstrate or tell your players what you want them to do *ONCE*. Have them do this a thousand times, rather than tell them a thousand times, and they do it only once.

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## FUNDAMENTALS OF CATCHING

(Continued from Page 19)

In using the feet, the catcher should stand just in front of the plate and when the baserunner slides simply move his left foot up the third base line and anchor the spikes in the ground. This is effective when a runner is hooksliding away from home plate on the outside of the base line.

When blocking with the knees the position is just down the third base line and the moment the runner slides he simply drops to his left knee, the left leg across the base line and body between the runner and home plate.

### Backing up the Bases

First base is the only one the catcher can successfully back, although he is often called upon to go into the infield and pick up an overthrow at second or third from the outfield.

With a close score, the catcher should back up all plays at first base in the late innings, except when there are runners in scoring position.

It is very important to hold a runner at first, since it takes two singles or a double to score a man from first, whereas a single will do the job from second.

### Fielding His Position

The catcher should be ready at all times to go into the infield for bunts or ground balls and field every one possible as the play is usually in front of him, whereas the pitcher has to turn completely around to throw to any base. An underhand snap throw can be developed for this purpose and is a great time saver.

All catchers should be 100 per cent proficient in catching pop flies. The secret of this lies in not trying to judge where the ball is going to land until it starts downward, and be moving slowly when catching it. This prevents over-running the pop fly, which is the greatest fault of most catchers in making this play.

### Calling Plays

There are two plays that the catcher must call. One is when a throw or relay is coming from the outfield and the first or third baseman is in front of him to cut the throw off to prevent the runner from advancing, the catcher must tell the cut off man to take it or let it go, depending on whether there is a chance to make a play on the runner coming to the plate.

The other play is on a bunt or ground ball that the pitcher fields when runners are already on base.

The catcher *must* follow this ball out to the pitcher and tell him where to make the play as these plays are directly behind the pitcher.

By warning the pitcher beforehand where to make plays if the ball is hit to him is of great help as the pitcher is usually pretty busy thinking about the batter and not plays.

### Guarding Against Injury

This is one essential that no one has found a sure cure for, so here are some of the things I found out from experience that help to prevent injury.

The most common injury to catchers is fractured or split fingers on their throwing hand from foul tips. The method I previously described of holding both the wrist and hand relaxed, fingers slightly cupped with thumb concealed just under the forefinger, is much safer than the hand being tightly closed and rigid.

The most dangerous zone for finger injuries from foul tips is just off the right side of the plate about knee high. This pitch is fouled to the right just enough to miss the mitt and strike the bare hand. On that particular pitch the hand can be slid back under the mitt rather than cupped over the pocket, and get absolute protection. This probably sounds unorthodox but nevertheless it works.

Stand as close to the plate as possible without interfering with the batter. This will cause more of the foul tips to land in or on the mitt.

It doesn't look so good, but catch with the glove hand only when no one is on base and until there are two strikes on the batter.

By all means use good fitting and sound equipment. The old adage that a workman can't do good work without good tools holds good in this case.

## GA. HIGH SCHOOL ASSN.

(Continued from Page 16)

Thomaston; C. W. Peacock, LaFayette. This committee is to study the Constitution and By-Laws and to report its recommendations as to changes and interpretations to the State Meet at Athens. Chairman Tarpley announced that this committee would meet Saturday, January 25th, Henry Grady Hotel, Atlanta, 10:00 A.M. Mr. Tarpley requested that anyone having any suggestions either communicate with him or attend the meeting.

The question of participation of member schools in tournaments or games with non-member schools was discussed. It was the consensus of opinion that the rules would be strictly enforced. Schools are to be especially cautioned not to permit eighth and ninth grade pupils to compete with non-member schools in games or tournaments.

The State Committee directed special attention to the regulations on page 10 of the Bulletin in regard to Interstate Tournaments and Meets and Inter-District Basketball Tournaments. So far only one interstate tournament has been approved. The Trade District Tournament at Augusta for Georgia teams of the First, Sixth and Tenth Districts has been tentatively sanctioned by the National Federation. Final conformation of tournament has not yet been made.

No member schools of the Georgia Association may enter out of state tournaments unless such tournaments have been approved by the National Federation.

## SOUTHERN COLLEGES

(Continued from Page 13)

of the nation next year. He was poison to us."

While the university is leaving no stone unturned to strengthen its athletic program, its campus is being steadily enlarged by progressive construction work.

Construction of two new dormitories, Sims College for women, and Preston College for men, has filled a long-felt need for more dormitory space on the Carolina campus. Both of these buildings were completed at a cost of \$300,000 each.

A new library, an imposing edifice in the center of the campus, will be completed early this year at a cost of about \$600,000. It will take the place of the picturesque library built in 1840 which was the first separate library building of any institution of learning in America.

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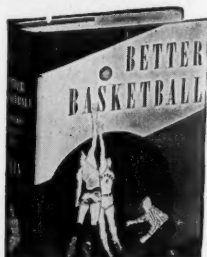
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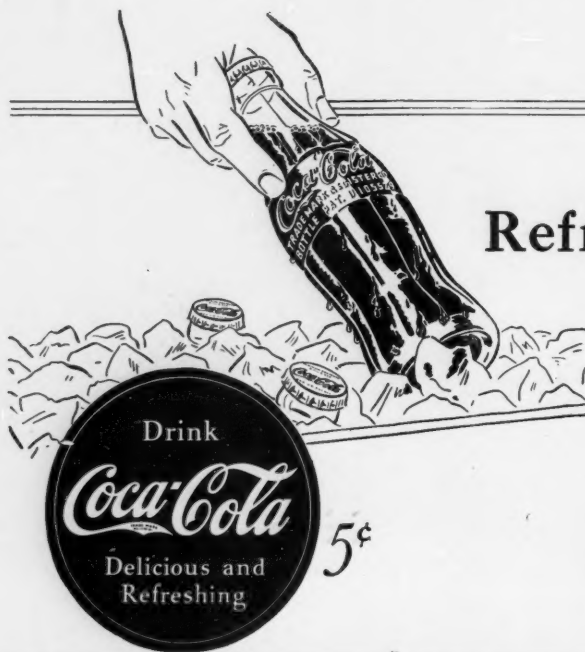
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